

Overview of E-Cigarette (Vape) Usage Behavior in 2021 UMJ FKM Students

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ABSTRACT

E-cigarettes were first created in a modern way by a pharmacist from China in 2003 and patented in 2004 and then began to spread throughout the world. The results of a survey conducted by the International Tobacco Control Survey in America, Canada, Australia, and England, currently 29% of former smokers use electronic cigarettes, 7.6% have tried using electronic cigarettes and 46.6% are aware of the existence of electronic cigarettes. Some conditions that can arise from long-term use of nicotine are increased blood pressure and heart rate, as well as an increased risk of developing insulin resistance, type 2 diabetes, and heart disease. This research uses a qualitative approach with a descriptive method. Based on in-depth interviews with the informants, it was found that the informants had various reasons for using vapor, both for health reasons and for environmental reasons. All resource persons also argue that the dominant factor that makes a person use vapor is environmental factors. Meanwhile, when viewed from the behavior of all informants, they do not use vapor continuously but at certain times, even one of the informants still uses conventional cigarettes to be accompanied by vapor.

Keywords: *Electronic Cigarettes, Behavior, Students of FKM UMJ*

INTRODUCTION

E-cigarettes were first created in a modern way by a pharmacist from China in 2003 and patented in 2004 and then began to spread throughout the world in 2006-until now with various brands (Caponetto, et al. 2014). E-cigarettes are becoming a trend in Indonesia, which is getting more and more fans. E-cigarettes can be very easy to find because sellers sell them through online sales with various flavors and variations in design (BPOM, 2015).

The results of a survey conducted by the International Tobacco Control Survey in America, Canada, Australia, and England, currently 29% of former smokers use electronic cigarettes, 7.6% have tried using electronic cigarettes and 46.6% are aware of the existence of electronic cigarettes. In the UK, there were an estimated 600,000 e-cigarette users in 2012, which has more than doubled from 2.7% of the population in 2010 to 6.7% in 2012 (Dockrell et al., 2013).

In Indonesia, the use of e-cigarettes is still a lot and is increasingly mushrooming. Until now, researchers have not obtained definite data on how many users of e-cigarettes in Indonesia, but Riskesdas (2013) surveyed a total of adolescents found 2.1% of adolescents smoked e-cigarettes (vaporizers) during the last 30 days, and this happened in the last 30 days. 3% of boys and 1.1% of girls (Kemenkes RI, 2013). Some conditions that can arise from long-term use of nicotine are increased blood pressure and heart rate, as well as an increased risk of developing insulin resistance, type 2 diabetes, and heart disease. Lifestyle, curiosity, wanting to quit conventional cigarettes and being consumed by the myth that e-cigarettes are less harmful than conventional cigarettes are some of the reasons and motivations for someone to smoke e-cigarettes. Based on the above phenomenon, the researcher is interested in taking the title "Description of the Behavior of Using E-Cigarettes (Vape) in FKM UMJ 2021 Students".

METHODS

This study uses a qualitative approach with a descriptive method. This was done to obtain more in-depth information about the description of the behavior of using e-cigarettes (vape) in FKM UMJ 2021 students.

RESULTS AND DISCUSSION

An E-cigarette is a device that functions like a cigarette but does not use or burn tobacco leaves, but converts liquid into vapor which is inhaled by smokers into their lungs, electronic cigarettes generally contain nicotine, other chemicals, and flavors/flavors and are toxic/toxic. poison (P2PTM). The Ministry of Health of the Republic of Indonesia (2014) explained that Electronic Cigarettes (ECs) or Electronic Nicotine Delivery System (ENDS) are devices that function to convert chemical substances into vapor and flow them to the lungs, where these chemicals are a mixture of substances such as nicotine and alcohol. propylene glycol (Karuniawati, 2019).

Below are the results of the interviews which are displayed in the form of a matrix. Because the author keeps the name of the source a secret, the author will only describe the identity of the source. Our resource persons consist of 4 people who are active students of the Faculty of Public Health. The age range of the informants is 20-22 years. Male and have been using vape for more than a month.

Table 1. Interview Matrix from Respondent 1

Question	Answer	Conclusion
Knowledge		
What Do the benefits that you get when using a vapor?	Feel more relaxed	The benefits felt by sources from using vaping are feeling more relaxed
Is there a difference that you feel before and after using vape?	There is a diversion of stress and burden of mind after using vapor	The informant felt the the difference before and after using a vape. The resource person becomes calmer because vaping is used as a diversion of stress and burdens of the mind
Are you using a liquid-vapor which contained the-content of nicotine?	Yes.	The resource person uses a liquid vape that contains nicotine
Is there any impact that you know if using g a vapor? If so, what are the impacts?	Yes, some vascular and respiratory diseases	Resource persons know the effects and diseases that can occur if using vape
How does the the way you avoid the impact of using a vapor?	Exercise regularly and avoid continuously vaping	Resource persons avoid the effects of vaping by exercising regularly and avoiding continuous vaping
Attitude		
How to view you as to students of Public Health that uses vapor?	It's normal because they're quite mature (it's legal to vote) and I'm sure they'll already know the impact.	The informant argued that the use of vaping is reasonable as long as they are old enough and know the impact
What do you think about "vapor is safer than conventional cigarettes"?	Agree on several points but other points also many say that vaping has a different impact	The informants agreed that vaping is safer than conventional cigarettes but has a different impact

How do think you about the "vapor one of the tools to quit smoking"?	Agreed, because at first vaping was created to replace cigarettes which have poisoned humans a lot. Public Health of the United Kingdom has also voiced "stop smoking, start vaping" in the corners of the city of England.	Narrators agree that vapor is one of the tools to quit smoking
Personal References		
Has someone influenced you to use no vape?		The resource person is not influenced by anyone in using vape
In your opinion, what is the most dominant factor to be the reason	Stress relief, and the environment. I refuse to smoke but because my environment is a smoker, I choose to vape to divert my desire to try cigarettes.	The most dominant factor in the use of vaping is the environment
Do you use vapor? Tell!		
Action		
Are you completely on the vapor?	Yes.	The resource person is a complete vapor
When did you first start using vape?	Class 2 Junior High School	The resource person has been using vaping since the 2nd grade of junior high school
Time and place to use vape every day . ?	Everywhere	Resource persons use vape anywhere
How many times do you buy vape liquid every month?	1	In one month, the interviewee purchases a liquid vape once a month
Where usually do purchase the fluid vapor and the means of vapor that is used?	A trusted and safe vape shop (approved by the APVI institution).	Resource persons buy vape liquids at trusted and safe stores
What that be the reason you use vapor?	Stress relief	Relieve stress

Table 2. Interview Matrix from Respondent 2

Question	Answer	Conclusion
Knowledge		
What Do the benefits that you get when using a vapor?	benefits of vaping - no smell for the room or body like cigarettes -there is a taste -don't make your hands yellow like a cigarette it's cooler there's a lot of smoke	There are no health or psychological benefits of vaping for its users

Question	Answer	Conclusion
Is there a difference that you feel before and after using vape?	if there's no difference, it's just superior to that smell, if it's more economical it's not because I'm double cigarettes, yes, vaping is so wasteful, but sometimes some people vape to stop smoking	There is no difference felt from before and after using vape
Are you using a liquid-vapor which contained the e-content of nicotine?	Yes, usually I use the 0.8, it's just right for me	Informants usually use vapes with nicotine levels of 0.8
Is there any impact that you know if using a vapor? If so, what are the impacts?	The most positive impact is that it smells better than cigarettes. If it's negative, what are the chemicals that are inhaled, in my opinion, they are more dangerous than cigarettes, the heart attack will be faster, and if we get the wrong sleep or suffocate, the throat will definitely be damaged, and then some have exploded, right, when the vape is right again.. in the suction, as a result, the face is destroyed	There is no positive impact regarding health or psychological. While some negative impacts are known by the informants
How does the the way you avoid the impact of using a vapor?	there is none because the disease is a test from Allah SWT so I as his servant accept the gift if it happens in the cave	The resource person did nothing to prevent/reduce the impact of vaping
Attitude		
How to view you as to students of Public Health that uses vapor?	I might still use it, but I just want to take off the opium for a while.” That's the concept of reducing it. After all, vaping is talking about habits, so even if you know the negative effects, it's still hard to stop	Marcum believes that once you get used to it, it will be difficult to stop even though you know the negative impact
What do you think about “vapor is safer than conventional cigarettes”?	the chemical substances that are inhaled in my opinion is more dangerous than cigarettes	Sources disagree that vaping is safer than conventional cigarettes
How do think you about the "vapor one of the tools to quit it smoking"?	Have you ever heard that it's just not effective in the cave?	The informant stated that vaping did not help in smoking cessation therapy
Personal References		
Has someone influenced you to use vape?	Yes, because the reason I vape was told by my ex first to smoke	there are people who can influence narcissism to use vape
In your opinion, what is the most dominant factor to be the reason you use vapor? Tell!	more stylish maybe like and want to smoke less	The informant said that the dominant factor in vaping is a style

Question	Answer	Conclusion
Action		
Are you completely on the vapor?	it's not intense if you're bored like skipping 6 months at most after that vape again	The resource person is not a vape completely because it is still interspersed with conventional cigarettes
When did you first start using vape?	2016	Resource persons using vape since 2016
Time and place to use vape every day . ?	Everywhere, house, hangout, car	The time and place of using vaping is tentative because there is no place prohibition on using vaping
How many times do you buy vape liquid every month?	1-2 times per month	Resource persons buy vape liquid 1-2 times a month
Where usually do purchase the fluid vapor and the means of vapor that is used?	vape store like	The resource person buys vape liquid at the nearest vape store
What that be the the reason you use vapor?	For me, the main reason was that my ex was told to do it, but now it's become a habit	The reason the interviewee uses vaping as a habit

Table 3. Interview Matrix from Respondent 3

Question	Answer	Conclusion
Knowledge		
What Do the benefits that you get when using a vapor?	In my opinion, the benefits of vapor are only to reduce or stop smoking addiction caused by nicotine and improve blood vessel function from tobacco smokers, even though the vapor itself is not safe yet.	to reduce or stop tobacco smoking addiction
Is there a difference nice that you feel before and after using vape?	Previously I was a tobacco smoker and what I felt was that many diseases appeared, I switched to vapor, and what I feel after a few months of using vapor is safer than tobacco cigarettes	There is a difference that is felt after using the vapor, it doesn't cause symptoms
Are you using a liquid-vapor w which contained th e-content of nicotine?	I've never used liquid or what is called liquid for vapors containing nicotine, because for example, if I use one with nicotine, it's the same thing.	The resource person has never used vapor or liquid

Question	Answer	Conclusion
Is there any impact that you know if using a vapor? If so, what are the impacts?	The impact of using vapor itself is not much different from tobacco cigarettes, such as causing lung disease, heart disease, cancer, brain damage, and fetal disorders, that's all I know of the impact	The impact of using vapor is not much different from tobacco cigarettes
How does the way you avoid the impact of using a vapor?	For me, avoiding the effects of using vaping by thinking about strong reasons to stop, looking for support people to stop or looking for a clean environment that doesn't use vaping, reducing using vaping gradually, looking for healthy activities or activities such as sports so that they don't cause cravings. Evaporating at least that's the only way I use so as not to be affected by the vapor	Looking for a positive environment and distract yourself with various useful activities
Attitude		
How to view you as to students of Public Health that uses vapor?	I don't think it's good for public health children to use vapor because it doesn't set an example	Narsum thinks that it is not good because he is a healthy child
What do you think about "vapor is safer than conventional cigarettes"?	Tobacco cigarettes are more dangerous because they contain tar, tobacco nicotine because there is no danger of nicotine, tar, and carbon dioxide which make addiction like tobacco cigarettes, the vapor is safer because it has fewer chemicals.	Sources disagree that vaping is safer than conventional cigarettes
How do think you about the "vapor one of the tools to quit smoking"?	I switched to vapor or e-cigarettes to stop smoking cigarettes, finally I managed to stop smoking and switched to vapor and what I feel after how many months of using vapor	The informant stated that vaping helps in smoking cessation therapy
Personal References		
Has someone influenced you to use vape?	There is not any	There is not any
In your opinion, what is the most dominant factor to be the reason you use vapor? Tell!	Divert yourself from tobacco cigarettes	To divert sources from tobacco cigarettes
Action		
Are you completely on the vapor?	Yes, occasionally smoke tobacco, but it's rare	The resource person is not a vape completely because it is still interspersed with
When did you first start using g vape?	Since 6 months ago	The resource person has been using vapor since 6 months ago

Question	Answer	Conclusion
Time and place to use vape every day . ?	Where to take it, at home, at the hangout	The time and place of using vaping is tentative because there is no place prohibition on using vaping
How many times do you buy vape liquid every month?	Not necessarily depending on usage and sometimes it runs out every 2 months	Uncertain
Where usually do purchase the fluid vapor and the means of vapor that is used?	vape store	vape store
What that be the the reason you use vapor?	Let's not smoke tobacco anymore	In order not to smoke tobacco

Table 4. Interview Matrix from Respondent 4

Question	Answer	Conclusion
Knowledge		
What Do the benefits that you get when using a vapor?	feel the mouth becomes fragrant, there is mouth activity, peat remover	The informant felt that the benefits of vapor where to make the mouth smell better and relieve boredom
Is there a difference that you feel before and after using vape?	nothing for now, for the first time I felt coughing and choking	The resource person did not feel there was a difference between before and after using vapor
Are you using a liquid-vapor w hich contained th e-content of nicotine?	Yes	The resource person uses a vapor whose liquid contains nicotine
Is there any impact that you know if using a vapor? If so, w hat are the impacts?	impact on lung health	Resource persons know that vapor can cause lung health problems
How does the the way you avoid the impact of using a vapor?	don't use vape too often	Resource persons avoid the effects of vaping by not using vape too often
Attitude		
How to view you as to students of Public Health that uses vapor?	go back to each other and deal with it individually on health	The informants have the view that the vapor habit depends on each individual and is not influenced by the environment

Question	Answer	Conclusion
What do you think about "vapor is safer than conventional cigarettes"?	Yes, that's right, the Nik content in liquid vape is only ml/bottle, while cigarettes are a stick	interviewees feel that vapor is safer than conventional cigarettes
How do think you about the "vapor one of the tools to quit smoking"?	Yes, that's right, because the mouth feels bitter after using vape	The informants agreed that vapor is one of the tools that can be used to stop smoking
Personal References		
Has someone influenced you to use close friends and hangout friends vape?		Resource persons are influenced by their friends so they use vape
In your opinion, what is the most dominant factor to be the reason you use vapor? Tell!	environmental factors and friend factors, because it feels good after trying it	According to sources, the environment is the dominant factor in vaping behavior
Action		
Are you completely on the vapor?	Yes, it is true	The resource person is completely vapor
When did you first start using vape?	18 years old	The resource person has been using vapor since he was 18 years old 18
Time and place to use vape every day . ?	room, vape shop, and cafe	Resource persons use vapor in rooms, vape shops, and cafes
How many times do you buy vape liquid every month?	once a month	Resource persons fill in liquid every 1 month
Where usually do purchase the fluid vapor and the means of vapor that is used?	Nearest vape store	The resource person buys liquid at the nearest vape store
What that be the reason you use vapor?	feels good when sucked	Resource persons feel comfortable using vape

CONCLUSIONS AND SUGGESTIONS

E-cigarettes were first created in a modern way by a pharmacist from China in 2003 and patented in 2004 and then began to spread throughout the world in 2006-until now with various brands. The E-cigarette is a device that functions like a cigarette but does not use or burn tobacco leaves, but

converts liquid into vapor which is inhaled by smokers into their lungs, electronic cigarettes generally contain nicotine, other chemicals, and flavors/flavors and are toxic/toxic. poison (P2PTM). The Ministry of Health of the Republic of Indonesia (2014) explained that Electronic Cigarettes (ECs) or Electronic Nicotine Delivery System (ENDS) are devices that function to convert chemical substances into vapor and flow them to the lungs, where these chemicals are a mixture of substances such as nicotine and alcohol. propylene glycol. Based on in-depth interviews with the informants, it was found that the informants had various reasons for using vapor, both for health reasons and for environmental reasons. All resource persons also argue that the dominant factor that makes a person use vapor is environmental factors. Meanwhile, when viewed from the behavior of all informants, they do not use vapor continuously but at certain times, even one of the informants still uses conventional cigarettes to be accompanied by vapor.

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